

January Menu

SECONDARY

Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
10 <i>Enjoy Your Day Off!</i>	11 Tacos or Burger Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Fruit Cup	12 Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Green Beans Garden Salad Fruit Cup	13 Country Chicken Bowl or Chicken Bucket with Hot Roll or Burger Seasoned Vegetables Garden Salad Pineapple Fluff	14 Bacon Cheese Burger or Chicken Sandwich Basket with Fries or Pizza Garden Salad Fresh Fruit
17 <i>Enjoy Your Days Off!</i>		18 Meatball Sub with Chips or Pizza Garden Salad Seasoned Vegetables Fruit Cup	19 Chicken Strips or Steak Fingers with Hot Roll or Burger Mashed Potatoes Seasoned Vegetables Garden Salad Rainbow Apple Sauce	20 Cheese Burger or Chicken Sandwich Basket with Fries or Pizza Garden Salad Fresh Fruit
24 Mini Corn Dogs or Hot Dog or Pizza Macaroni & Cheese Steamed Vegetables Garden Salad Fruit Cup	25 Nachos or Burger Garden Salad Refried Beans Homemade Salsa Spanish Rice Fruit Cup	26 Calzones or Pizza Seasoned Vegetables Garden Salad Fruit Cup	27 Country Chicken Bowl or Chicken Bucket with Hot Roll or Burger Seasoned Vegetables Garden Salad Colorful Pears	28 Chicken Sandwich or Cheese Burger Basket with Fries or Pizza Garden Salad Fresh Fruit

Snowy Veggie

Eating fruits and vegetables is a good way to boost your immune system during the cold, winter months. One vegetable that is in season this month is cauliflower! Don't let the lack of color fool you. There are so many nutrients in this snowy white vegetable! Eating cauliflower with some butter and seasoning is delicious, but not the only way to consume this yummy vegetable!

- ◆ You can mash it like potatoes and eat it with gravy.
- ◆ Try some roasted cauliflower with garlic. It's so good you won't even realize you're eating tons of vitamins and minerals!
- ◆ You can also buy cauliflower rice and eat it with your favorite Chinese food or chili!
- ◆ If you want to add a little fun to your meals this winter, grate it up and use it as "snow" on your favorite, savory meal.



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Breakfast Pizza	Yogurt Parfait w/ Scoobies	French Toast Sticks	Eggs w/ Bacon or Sausage	Breakfast on Bun
Week 2 & 4	Yogurt & Muffin	Pig in a Blanket	Chicken Honey Biscuit	Cinnamon Roll	Pancake Wrap

This institution is an equal opportunity provider.